



Tandem Talk

Tandem Talk is a monthly publication for our valued clients and employees.

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Exciting New Changes Within CPC Company



Doug Crowell, President of CPC Logistics announced recently due to the growth of the company and CPC's ever continuing commitment to meet the service needs and expectations of our customers and employees, CPC has decided to increase the Eastern and Western Operations to include a new MidWest Operations. Robert Boyich, Vice-President of Sales and Marketing

will be moving over to take over as Vice President of Western Operations, Larry Foltz, Vice President of Western Operation will be moving over as Vice President of the MidWest Operations and Butch Wallis, Vice President of Eastern Operations will continue as Vice President of the Eastern Operations. This transition process took effect March 1, 2014 with full implementation by April 1, 2014.

CPC News Flash

CPC is pleased to announce the promotion of Bill Koons, Regional Manager from the CPC Allentown, PA office to Division Manager. Bill will remain in the Allentown, PA office and continue to work with George Pugh, Director of Eastern and Northeast Operations. He will oversee the CPC Allentown, PA and the Boston, MA field offices. Congratulations Bill !



CPC Welcomes Aboard.....Bill Baines

Bill Koons, Division Manager in the Eastern Operations welcomes a new Operations Manager Bill Baines to the CPC family. Bill has been with CPC over 4 year as the Onsite Supervisor for the BATO account in Breinigsville, PA . He will operate out of the CPC Allentown, PA office will be responsible for the BATO Breinigsville and domiciles along with Fabri-Kal, NFPT, NAPCO, IP and Taylor Industries in the northeast.

ALL CPC employees.... NEW "Employee Safety Tip" of the month.
See page 2 for details.

As a CDL driver if you marked "excepted interstate" or claimed an "excepted intrastate" status during self-certification to avoid submitting to a medical examiner's certificate to his/her state of licensing, you should be aware that many states that downgrade the CDL to an excepted status require drivers to retake some of the CDL tests in order to reactivate to a non-excepted interstate commerce CDL.



DID YOU HEAR THE NEWS!

FIND THE GOLDEN EGG IN THE APRIL TANDEM TALK AND WIN.....\$25.00 AND A CPC MODEL TRUCK. Name the page and where on the page you see the gold egg. Email to k.smith @callcpc.com. First one to email the findings of the gold egg wins.

Freight transportation levels in the U.S. and Canada fell 3.4% in January compared to January of the prior year due to severe weather, according to federal data. The largest year-to-year decline since 2009.

Divisional Drivers Of The Month

EASTERN DIVISION

Matthew Strickland has been selected as Driver of the Month for March 2014 for the Eastern Division. He has been assigned to Hospira Inc in Raleigh, North Carolina since November 2000. Scott is a local shuttle driver who performs a myriad of duties. His typical day consists of moving trailers between production and storage areas in Rocky Mount and Raleigh. Scott's professionalism is apparent in his achievement as being selected as one of the National Private Truck Council Driver All Star's of 2012. Scott's value and contributions to Hospira have resulted in high praise from Andy Smith, Hospira Fleet Manager Over the Road Operations, stating that Scott is the consummate professional and a great asset to have locally." Scott is well deserving of the Driver of the Month award.

Scott Bechstein has been selected as Driver of the Month for March 2014 for the Eastern Division. He has been assigned to Toyota Quality Parts Express in Perrysburg, Ohio since March 2006 but has been with CPC since September 2005. Scott has always been a very professional and dependable safe driver. He takes his job very seriously by adhering to the company rules and standards and has volunteered numerous times to assist on other routes and change his own days off to help out when there were coverage issues. Scott recently earned his 7 year safe driver award and is very happy and proud to be recognized with the Driver of the Month award.

WESTERN DIVISION

Richard Strain has been selected as Driver of the Month for March 2014 for the Western Division. He has been assigned to Success Logistics in Grand Prairie, Texas since September 2010, but has been with CPC since February 2006. Richard is a total professional driver. He comes to work every day and is always on time. When he is at work he is always productive and works safely. He works well with his customers and arrives at his daily stops on time, but if there is a delay

he contacts his customers to keep them informed of the delay. Richard has earned and well deserving of the Driver of the Month award.

Lori Reeths has been selected as Driver of the Month for March 2014 for the Western Division. She has been assigned to Walgreen Company in Windsor, Wisconsin since October 2003. Lori is a dedicated worker and likes to take on the tough jobs. Her bid takes her to the center of downtown Chicago and she delivers to the stores in less than desirable areas and does this at night. She works very hard and was recently asked by Walgreens to help deliver toys to the intercity schools of Chicago, which she performed with a lot of pride. Lori's tireless efforts and commitment to her job make her the right choice for the Driver of the Month award.

CANADA DIVISION

Russell Mellieur has been selected as Driver of the Month for March 2014 for the Canada Division. He has been assigned to John Deere Fleet in Grimsby, Ontario since June 2000. Russell has always shown professionalism and dedication to his job. He is a senior professional driver who is well respected by his co-workers. His dispatchers hold him in high regard for his punctuality and outstanding on time service. Russell recently achieved his 16 year safety award. In his spare time Russell enjoys his time with his wife and family. We are proud that Russell was selected for the Driver of the Month.



CPC Safety Manager Tip of the Month Rory Manning

GET ENOUGH SLEEP

Approximately 100,000 accidents are caused by driver fatigue each year, according to the National Sleep Foundation. Approximately 1,550 people die each year because of these crashes. If you feel yourself getting tired, stop driving for the night or take a nap by pulling your vehicle over to the side of the road.

NEW

Employee Safety Tip of the Month.....

Starting May 1, 2014 a NEW and exciting contest will be published in the CPC Tandem Talk called "Employee Safety Tip". Here's how it works, you submit a "Safety Tip" that you use as a safe work practice. This safe work practice could be something that you do at work, home or anywhere. Each month, a Safety Tip will be selected by the Safety Committee and the winner will receive \$50.00 and be featured in the Tandem Talk. At the end of the year each of the monthly winners "Safety Tip" will be reviewed by the CPC Safety Committee and a winner for the best 2014 Safety Tip will be selected. The winner will receive \$500.00 and will be featured in the Tandem Talk.

Remember: "Safety" is just not a word, it's a way of life for all to practice. Please email your Safety Tips to k.smith@callcpc.com



Driver of the Month Presentations



Wayne Martin assigned to Bridgestone Americas Tire Operation in Columbia, South Carolina is shown receiving his Driver of the Month Award for January 2014. Pictured L to R: Wayne Martin and Ron Covert CPC Regional Manager.

Stan Jeannotte assigned to John Deere Fleet in Regina, Saskatchewan Canada is shown with his Driver of the Month Award for December 2013. Pictured L to R: Scott Hanaback, Regina Dispatch Coordinator and Stan Jeannotte



CPC Spotlights:

TMH Transport LLC in Oxford, Alabama



CPC is excited to announce that November 1, 2013 was the startup of the CPC Dedicated Fleet "TMH Transport LLC" in Oxford, Alabama and also in Pryor, Oklahoma, for a long term CPC customer.

This flatbed fleet operation that delivers rolled paper and finished wallboard has 15 brand new Freightliners, 12 operating out of Oxford, AL and 3 at the Pryor, OK locations.

Jason Hosford is the Fleet Manager at the Oxford, AL facility and Kevin Briscoe is the Fleet Manager at the Pryor, OK location.

TMH Transport LLC also has a sister fleet that operates as TMH Logistics Ltd in Canada.



HEALTH WATCH



Health Benefits of Yoga

Yoga is a mind and body practice with origins in ancient Indian philosophy. Like other meditative movement practices used for health purposes, various styles of yoga typically combine physical postures, breathing techniques and meditation or relaxation. In the United States, yoga is the sixth most commonly used complementary health practice, according to a 2007 National Health Interview Survey, and is generally considered safe for most healthy people when practiced under the guidance of a trained instructor. In addition to being a fun and relaxing pastime yoga has been linked to the following:

Stress reduction. A number of studies have shown that yoga can help reduce stress and anxiety, and people who practice yoga regularly frequently self-report they are sleeping better and experiencing lower levels of stress. Yoga practice has been demonstrated to reduce the levels of Cortisol - the stress hormone. Most yoga classes end with a savasana or relaxation pose.

Improved fitness. Practicing yoga can lead to improved balance, flexibility range of motion and strength. These gains mean practitioners are less likely to injure themselves per-

forming other physical tasks.

Management of pain and chronic condition. If you're already injured or suffering from chronic illness, research shows that yoga postures, meditation or a combination of the two can reduce pain for people who have cancer, multiple sclerosis, autoimmune diseases, hypertension arthritis, back and neck pain and other chronic conditions. Yoga can also help reduce risk factors for developing chronic diseases, such as heart disease and high blood pressure.





Recent CPC Safety Meetings



BRIDGESTONE AMERICA TIRE OPERATIONS
Hebron, Kentucky – March 8, 2014



Front Row L to R: Kevin Baker, Charles Alexander and Tim Clark. Back Row L to R: Mike Kazy CPC Regional Manager, Joe Dittmore, Brian Baker and David Johnson.

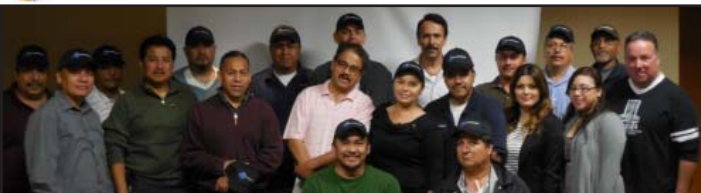
Memphis, Tennessee – March 15, 2014



L to R: John Cain, Tommy Stoddard, Bobby Brown, Keith Craft and Mike Kazy CPC Regional Manager.



UNITED PARCEL SERVICE OASIS SUPPLY CORP.
WDS/Bimbo Bakeries Vernon, CA – March 25, 2014



Front Row L to R: Robert Rodriguez and Gabriel Cortez. Middle Row L to R: Raymundo Vara, Luis Calderon, Robert Cruz, Victor Romero, Luis Fernandez, Jose Sanchez, Felipe Ramirez, Karina Vasquez, Carolina Ramirez and Larry Martinez. Back Row L to R: Arturo Oros, Luis Villalobos, Sandra Madrid, Angel Jimenez, Eduardo Ribota, Ramiro Flores, Juan Varo and Art Kellum.



Remember, today is the tomorrow
that you worried about yesterday
Dale Carnegie

Highway to Health News

Nutrition myths and trends
Get the facts!

Eating a balanced diet can help you maintain a health weight and optimal health. But sometimes it's difficult to understand what constitutes a proper nutrition. There are many types of diets to choose from, but not all of them are healthy. In this edition of Health Habits, we'll debunk popular diet myths, help you understand which fats to enjoy in moderation (and which to avoid), and provide insight on two popular diet trends.

Remember, you can always contact your Wellness Coach, who can work with you by telephone or email, for more help creating a balance nutrition plan.

Top diet myths, debunked!

Keep health food at hand

With so much nutrition information on the market, sometimes it's difficult to know what to believe. Don't fall prey to these diet myths!

Myth: You can never have (insert delicious treat here) again. False!

In any health diet, there's room for a small indulgence. Having an occasional treat is okay if your overall diet is nutritious.

Myth: Eating fat makes you fat. False!

It actually depends on the fat you're eating. Saturated fats (red meat, butter, cheese and ice cream) should be limited, but other types of fats like mono- and polyunsaturated fats (nuts, seeds, fish avocado, and vegetable oils) are beneficial when eaten moderation.

Myth: Drinking too much water causes you to gain water weight. False!

People retain water when there is too high a concentration of sodium in their blood. Drinking more water actually helps balance the sodium concentration and helps the tissues release any retained liquids.

A Healthy Side Dish: Lemon Asparagus

Asparagus is in peak season this month! This healthy side dish pairs well with seafood, especially salmon.

- Ingredients:**
- 1 bunch fresh asparagus
 - 1 lemon, thinly sliced
 - 1 Tbsp. extra virgin olive oil
 - 2 Tsp. chopped fresh oregano, or 1 Tsp. dried
 - 1/4 Tsp. salt
 - 1/4 Tsp. fresh ground pepper

Directions:

1. Preheat oven to 450
2. Toss all ingredients on a baking sheet and roast, flipping occasionally, until the asparagus is tender-crisp (about 8-10 minutes).



Recent CPC Safety Meetings



TRUSERV LOGISTICS

Harvard, Illinois – March 1, 2014



Front Row L to R: Nick Bell, Dennis Miller, Herbert Kuhn, Larry Dill, William Foat, William Antis, Nathan Schultz, Fred Jones, Dale Burrow and Steven Mattox. Middle Row L to R: Larry Zoellick, Adam Borst, Thomas McCauley, Lawrence Moye, Jeffrey Bottlemy, Ronald, Morris, Bulmaro Rojas, Douglas Rehard and Bret Hall. Back Row L to R: Robert Opletal, Jay Funk CPC Account Supv and Robert Visintainer.



TOYOTA QUALITY EXPRESS PARTS

Aurora, Illinois – March 22, 2014



Front Row L to R: Randy Richardson and Joseph Benham. Back Row L to R: Lemon Calvin, Glenn Fortune, Jessie Bustamonte, Jeremy Becker and Walter Frueh.



WALGREEN COMPANY

Woodland, California – March 3, 2014



Front Row L to R: David Morones, Brian Busath, Samuel Watson, Jason Cinkan, Greg Robbins and Scott Harland. Back Row L to R: Danny Serrano, Frank Cartago, Mykhalo Karjut, Jesus Iturriza, Corey Cusseaux, Luis Casa , Rudy Madueno, Vilash Chand, Mark Ogden and Donald Rouse.



“TEST YOUR TRUCK TRANSPORT KNOWLEDGE”

What’s the first thing you need to during a pre-trip inspection of air brakes?

- a. Start the engine
- b. Fan the brakes
- c. Apply the brakes and hold
- d. Drain the air tanks

In what Canadian community are Western Star Trucks built?

- a. Kelowna
- b. C.B Mississauga, Ont
- c. Ste. Therese, Que
- d. Toronto, Ont

answers on page 6

Did You Know ...



That most driver injuries are not due to motor vehicle accidents. Overall, slips, trips, falls and overexertion normally account for roughly half of all truck driver lost time injuries.

Check out the Company Store on the CPC website for good quality CPC logo apparel. www.callcpc.com

Happy Easter





Safety Awards

1 Year

Todd Alberts
Caleb Centeno
Roger Cline
David Cooper
James Davis
Ronald Eskew
Michael Fair
Michael Felko
Donald Fenlon
Randall Gates
Michael Golden
Dennis Hagerty
James Holstine
Jeffrey Jean
Dennis Johnson
Jason Joiner
Dale Kenville
Philip LaVare
Patrick Livings
Thierry Machefert
David Messer
Brett Neice
Donald North
LaVerne Nyman Jr.
Gamina Oliver
Kenneth Phillips

Richard Pinkous
Chris Rushin
Roy Senechal
Einer Simonson
David Sloan
Mark Stricklin
Thomas Szweda
Stuart Thompson
Lonnie Whaley
Jeremy Yerance

2 Years

Ronnie Bennett
Kevin Day
Stephen Dixon
Ernest Ferrand
Stephen Foxall
Christopher Funk
Robert Gory
Senad Gracanin
David Grant
Edward Greif
Jamie Greko
Terrace Joiner
Brian Knaack
Shane Law
Jerome Lee
David Lloyd

Donald McClaine
John Moore
Adam Nelson
Roy Oltman
David Osborne
Jason Parker
Roberto Rodriguez
Alejandro Romero
Leslie Schleicher
David Sneed
Edward Stephenson
Theresa Stephenson
Leodis Thomas

3 Years

Steven Bowen
Christopher Bowman
William Dennis
Lemoine Dobreiner
Jerry Freeman Jr.
Roy Gaines
Jeremiah Hege
Curtis Hughey
Bessie McCrary
Donald McCurdy
Ronald Miller
Steven Moore
Ruben Moya
Rodriguez
Rodrigo Nieto
Javier Nieves
Wayne Oorlog
Ralph Orendach
Phillip Orwig
Martin Rausch
Luis Sanchez
Richard Strain
Derek Urwin
SAMmy Walton
Roy Wells

4 Years

Dariusz Chowaniec
Jesus Cordero
Rick Crisci
Jonathan Dolphin
David Ecklund
Dee Elliott
Israel Guzman Jr.
Andrew Hahn
Brian Mack
Dana Morey
Timothy Murphy
Stuart Paris
Richard Randolph Jr.
Matthew Rooney
Curtis Tyner

5 Years

Angel Angelov
Jesus Cabral

Angel Castro
David Chavez-Perea
Robert Cool
Daniel Fink
David Flaws
Frank Gilliam
Samuel Jones
Douglas Keller
Roland McNaught
Sandra Orwig
Angel Rivera
Bruce Searight
Fowler Taylor
John Vega
Kenneth Weber

6 Years

Donald Black
Randall Feldt
John Gordon
Glen Manning
Thomas Melillo
Richard Moughler
Charles Ridenour
Ronald Smith
Anthony Spittler
Gilberto Tarin
Brian Troutman
Joseph Valenti
James Volante
Paul Werkheiser
Anthony Zaiss

7 Years

Thomas Bitler
Audie Brodie
Richard Crawford Jr.
David Liedtke
Andrew Ortiz
Mirsad Pehlic
Marc Penney
Darrell Redding
William Rodgers
David Simmons
Donald Stewart
Dana Tice
Daniel Wulf

8 Years

Jeffrey Donelson
Victor Donelson
Felipe Garcia
Martin Garcia
Richard Helton
Curtis Lemley
James Mooney
Jeffery Morris
Joseph Rock
Brenda Stewart

9 Years

Joseph Barron
Thomas Grube
Raudel Islas
Steven Krause
Lonnie Neal
Adrian Romero
Darius Tomasaitis
Michael Timmerman

10 Years

Donald Graham
Joseph Janusz
Andrezej Kulesza
Don McLaughlin
Clifford Preston

11 Years

Mark Amdt
Gary Asher
John Bienemann
Wendy Johnson
Robert Simonson

12 Years

William Ganzer
Richard Wall

13 Years

Jimmy Hansen
Carolyn Peterson
Thomas Peterson
Donald Rongve
James Smith
John Soquet

Thomas Sudberry Jr.
Kenneth Welch
William Zechamn

14 Years

Matthew Dosland
John Holland

Arlin Karnopp
Thomas King Jr.
Kevin Latter
Julius Lewis
William Lynch Sr.

15 Years

Calvin Mangler
Stuart Shuck

16 Years

Larry Mallette
Carl Pike
James Wilson

17 Years

Jerry Lafrenz
Michael Shea

18 Years

Stephen McManus
George Rockwell

19 Years

Niles Frantz
Peter Martin
Kevin Mickley
Timothy Steiniger

21 Years

David Tubbs

23 Years

Dana Alitz
Michael McDermott

27 Years

Gerald Barth
James St. John

32 Years

Johnny Small

Answers to the March Trivia of the Month:

Rickey Henderson;

Cuba;

Binary

Answers to Test Your Truck Knowledge: a, a

Dates To Note:

April 1 April Fools Day 
 April 6 National Tartan Day
 April 6 Army Day
 April 13 Thomas Jefferson's Birthday
 April 13 Palm Sunday
 April 15 First Day of Passover
 April 15 Tax Day
 April 18 Good Friday 
 April 20 Easter Sunday 
 April 22 Earth Day 
 April 23 Administrative Profess. Day
 April 25 Arbor Day 
 April 27 Holocaust Day 
 Mary 1 May Day 
 May 5 Cinco DeMayo



Battle of Puebla

April Trivia of the Month

Who scored a record 10 hat tricks in an NHL season?

What was the first country to recognize Mexico's independence, in 1836?

What unit of electrical power is equal to one joule per second?

Answers in next month's Tandem Talk

